



# A Healthier Gros Mecatina



**Recipe Book Volume Three  
2020-2021**

# Contents

## Apple

Peanut Butter Pretzel Apple Bars, 5

Kale, Apple and Almond Chicken, 6

Skillet Apple Pork Chops, 7

Apple Mango Salsa, 8

## Banana

Gloomy Day Smoothie, 8

Banana Breakfast Cake, 9

Strawberry Banana Frozen Yogurt, 9

Banana Meatloaf, 10

Blueberry Banana Bread, 10

Chicken Curry with Banana, 11

## Cabbage

Cabbage Potstickers, 12

Cabbage with Mango Slaw Vinaigrette, 13

Caramelized Cabbage with Penne, 13

Caribbean Style Roasted Cabbage, 14

## Cantaloupe

Cantaloupe Loaf, 15

Simple Cantaloupe Smoothie, 15

Glazed Hen with Cucumber and Cantaloupe Salad, 16

Grilled Melon and Prosciutto Pasta Salad, 17



# Contents

## Celery

- Celery and Cranberry Relish, 18
- Stuffed Celery Snacks, 18
- Chicken and Celery Stir Fry, 19
- Seared Scallops with Celery and Raisin Salad, 20
- Tomato Celery Mince Stew, 20

## Clementine

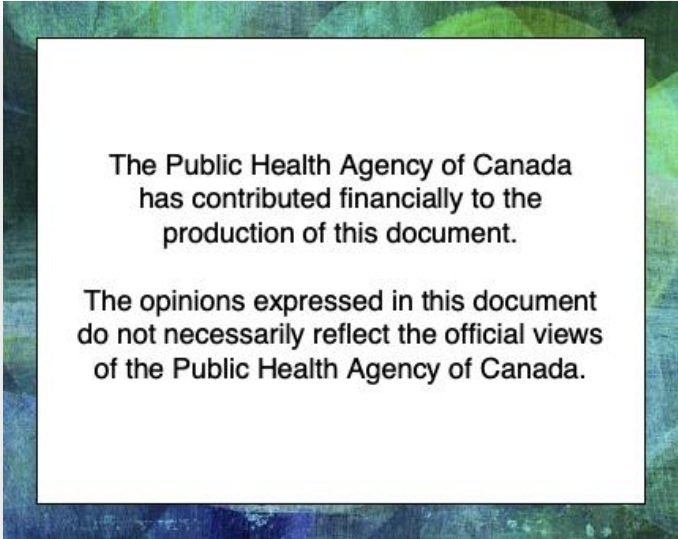
- Citrus Salad with Cashews and Mint, 21
- Company Fruit Salad, 21
- Citrus Strawberry Freezer Pops, 22
- Citrus Pomegranate Salad, 22
- Clementine Pork Stir Fry, 23

## Coconut

- Tropical Overnight Oats, 23
- Coconut Lime Cupcakes, 24
- Coconut Curry Mussels, 25
- Coconut Lime Turkey Skewers, 25

## Grapes

- Cheese Plate with Grape Tapenade, 26
- Olive Oil Cake with Red Grapes, 26
- Pork with Parsnips and Grapes, 27
- Wild Rice with Red Grapes, 27



The Public Health Agency of Canada  
has contributed financially to the  
production of this document.

The opinions expressed in this document  
do not necessarily reflect the official views  
of the Public Health Agency of Canada.

# Contents

## Lemon

- Lemon Avocado Dip, 28
- Lemon Blueberry Blender Muffins, 28
- Lemon Herb Mediterranean Chicken Salad, 29
- Lemon Rice, 30
- Moroccan Grilled Salmon, 31

## Mushroom

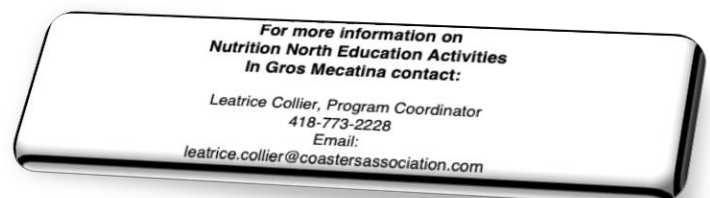
- Creamy Mushroom Garlic Sauce, 31
- Creamy Wild Mushroom One Pot Pasta, 32
- Crab Stuffed Mushroom, 32
- Warm Mushroom Salad, 33

## Peach

- BBQ Chicken with Peach and Feta Slaw, 34
- Peach Pie Smoothie, 34
- Peach and Gorgonzola or Feta Chicken Pizza, 35
- Peach Raspberry Lemonade, 35
- Peach Tomato Basil Salad, 36
- Grilled Peach and Avocado Salsa, 36

## Plum

- Perfect Plum Muffins, 37
- Roasted Plum Breakfast Parfaits, 37
- Roasted Pork Tenderloin with Fresh Plum Sauce, 38
- Roasted Cod with Soy Ginger Plum Salsa, 39



# Contents

## Raisin

Apple Raisin Cakes, 40

Baked Sweet Potatoes with Raisins and Pecans, 40

Cashew Raisin Rice Pilaf, 41

Red Cabbage Slaw, 41

Raisin Rice Stuffed Chicken, 42

## Raspberry

Berry Yogurt Parfait, 42

Lemon Raspberry Muffin, 43

Ruby Raspberry Slaw, 44

Raspberry Vinaigrette, 44

Raspberry Chicken, 45

Pork Chops with Raspberry Sauce, 46

## Redberry (Lingonberry)

Redberry Muffin, 47

Redberry Smoothie, 47

Redberry Relish, 48

Redberry Vinaigrette, 48

## Rutabaga/Turnip

Rutabaga Cake, 49

Turnip Salad, 49

Turnip Noodles with Sage Butter, 50

Absolutely Delicious Baked Root Vegetables, 51



# Peanut Butter Pretzel Apple Bars

## Ingredients

2 cups old fashioned oats  
1/3 cup creamy peanut butter  
1/4 cup honey  
1 1/2 Tbsp coconut oil  
1 Tsp salt  
1 large egg white  
1/2 cup coarsely chopped mini pretzel twists  
1/3 cup coarsely chopped dried apples

## Directions

Preheat oven to 350°F. Line an 8-inch square metal baking pan with parchment paper; let excess hang over edge.

Spread oats onto a baking sheet. Bake at 350°F until toasted, about 12 minutes. Place in a medium bowl; cool.

Place peanut butter, honey, and oil in a microwavable bowl. Microwave at high until warm, about 30 seconds; whisk until smooth. Whisk in vanilla, salt, and egg white.

Add pretzels and apples to oats. Pour peanut butter mixture over oat mixture; stir until well combined. Using a spatula, press mixture very firmly into prepared pan.

Bake at 350°F until lightly browned, 20 to 22 minutes. Cool in pan on a wire rack 15 minutes. Remove from pan using parchment paper. Cool completely on rack. Cut into 12 (4- x 1 1/3-inch) bars.



# Kale, Apple and Almond Chicken Salad

## Ingredients

1/4 cup olive oil  
1 Tsp grated lemon rind  
3 Tbsp fresh lemon juice  
2 Tsp chopped fresh thyme  
1 Tsp Dijon mustard  
1/2 Tsp salt, divided  
1/2 Tsp black pepper  
12 ounces skinless, boneless chicken thighs  
Cooking Spray  
6 cups baby kale  
2 Medium carrots, peeled and thinly sliced diagonally  
2 celery stalks, thinly sliced  
1 apple, halved and cut into slices a 1/4 inch thick  
1/4 cup sliced almonds, toasted



## Directions

Combine oil, rind, juice, thyme, mustard, 1/4 tsp salt and 1/4 tsp pepper in a bowl, stirring with a whisk.

Place 2 tbsp juice mixture in a large ziplock plastic bag; reserve remaining juice mixture. Add chicken to bag; seal bag. Let stand at room temperature 10 minutes, turning bag occasionally.

Heat a large skillet over medium-high heat. Coat pan with cooking spray.

Remove chicken from marinade; discard marinade. Pat chicken dry. Sprinkle chicken with remaining 1/4 tsp salt. Add chicken to pan; cook 5 minutes on each side or until done. Place chicken on a cutting board; let stand 5 minutes. Cut across the grain into thin slices.

Combine kale, carrots, celery and apple in a large bowl. Add remaining juice mixture; toss to coat. Divide kale mixture evenly among 4 plates; top evenly with chicken. Sprinkle with almonds and remaining 1/4 tsp pepper.

# Skillet Apple Pork Chops

## Ingredients

- 1 ½ Tbsp olive oil, divided
- 4 (6 ounce) bone-in pork chops
- ¾ Tsp salt
- ¾ Tsp black pepper
- ½ cup unsalted chicken stock
- 1 Tsp Dijon mustard
- 1 Tbsp chopped fresh sage
- 1 ½ Tsp chopped fresh rosemary
- 2 medium apples, thinly sliced
- 1 small red onion, thinly vertically sliced

## Directions

Heat a large skillet over medium heat. Add 1 ½ tsp oil to the pan; swirl to coat.

Sprinkle pork chops evenly with ¾ tsp salt and ¾ tsp pepper. Add pork chops to the pan and cook for 5 minutes on each side or until the pork chops are done. Remove from pan.

Combine stock and mustard, stirring with a whisk. Add remaining 1 tbsp oil to pan; swirl. Add remaining ¾ tsp salt, remaining ¾ tsp pepper, sage, rosemary, apple and onion to pan; cook 4 minutes, stirring occasionally. Stir in stock mixture. Return pork chops to pan; cook 3 minutes or until liquid is reduced by half.





# Apple Mango Salsa

## Ingredients

2 cups apples, diced (firm and crisp variety is best)  
1 cup mangoes, diced  
1/2 cup red peppers, diced small  
1/2 cup red onions, finely diced  
1 jalapeño, finely diced  
1/4 cup cilantro, finely chopped  
1/4 cup lime juice  
2 Tbsp honey  
1/4 Tsp salt

## Directions

Toss all the ingredients together in a large bowl.  
Cover and refrigerate for 30 minutes or overnight.  
Give a quick stir before serving.



# Gloomy Day Smoothie

## Ingredients

1 peach or mango, peeled and cut into chunks  
1 banana, peeled and chopped  
1 cup orange juice  
1 cup vanilla yogurt

## Directions

Place peach or mango, banana, orange juice and yogurt in a blender.  
Blend until smooth



# Banana Breakfast Cake

## Ingredients

2 medium size bananas, mashed (1 cup)  
2 eggs, large  
1/4 cup Greek yogurt  
2 Tbsp oil  
1 Tsp vanilla  
1 cup sweetened almond milk  
1/4 cup maple syrup  
1 1/2 cup white whole wheat flour  
1/2 Tsp baking soda  
1/2 Tsp baking powder  
1/2 Tsp cinnamon  
1/8 Tsp salt



## Directions

Preheat oven to 350°F and grease a 10-inch cast iron skillet with around 2 tsp of oil.

Mash 2 bananas in a medium size bowl until smooth and it becomes almost like a liquid. Add in the rest of the liquid ingredients and whisk until combined. Set aside.

Place all dry ingredients in a large bowl and mix. Add in liquid ingredients and combine.

Pour the batter into your cast iron skillet and bake for 30-35 minutes or until a toothpick comes out clean.

# Strawberry Banana Frozen Yogurt

## Ingredients

2 cups strawberries, frozen  
3 medium bananas  
3 Tbsp honey  
1/2 cup Greek yogurt, plain  
1 Tbsp lemon juice



## Directions

Place all ingredients into a food processor or blender. Blend until smooth, stopping to scrap the sides as needed. Serve immediately for a soft serve texture or pour into a freezer safe container with a lid and freeze for 3-4 hours before serving.

## Banana Meatloaf

### Ingredients

- 1 Lb lean ground beef
- 1 cup fresh breadcrumbs
- 1 Tbsp minced onion
- 3/4 cup mashed banana
- 1/2 Tsp salt
- 1/8 Tsp ground black pepper
- 1/4 Tsp paprika
- 1/2 Tsp ground mustard



### Directions

Preheat oven to 350°F. Grease a 9x5 inch loaf pan. In a large bowl, combine ground beef, breadcrumbs, onion, banana, salt, pepper, paprika and dry mustard until well mixed. Shape into a loaf and place in prepared pan. Bake until done, about 1-2 hours

## Blueberry Banana Bread

### Ingredients

- 2 cups white or oat flour
- 1 Tsp baking soda
- 3/4 Tsp baking powder
- 3/4 Tsp salt
- 1 1/2 cup mashed overripe banana
- 1/2 cup pure maple syrup or honey
- 1/4 cup milk of choice
- 1/4 cup oil
- 2 Tsp vanilla extract
- 1/2 cup blueberries, fresh or frozen and fully thawed



### Directions

Preheat oven to 350°F. Grease a 9x5 inch pan and set aside.

In a large bowl combine first 4 ingredients. Whisk all remaining ingredients except the blueberries in a separate bowl, then pour wet into dry and stir to form batter. Very gently add the blueberries, stirring only enough to incorporate them. Smooth the batter into the pan. Bake for 38 minutes, do not open the oven door but turn off the heat and leave in closed oven for 10 additional minutes.

# Chicken Curry with Banana

## Ingredients

2 Tbsp vegetable oil  
2 onions, sliced  
2 cloves garlic, minced  
1 Tbsp minced ginger  
1 pound boneless, skinless chicken thighs or breasts, cut into bite-sized pieces  
Salt  
4 Tsp curry powder  
1 Tsp coriander  
1/2 Tsp turmeric  
Pinch cayenne  
2 Tbsp raisins  
1 can coconut milk (light is fine but regular is better)  
3/4 cup water  
Juice of half a lemon  
2 bananas, cut into 1/2-inch slices  
1/4 cup roasted salted peanuts, chopped



## Directions

In a large pan, over medium heat, sauté the onion for 8 minutes, until translucent, stirring frequently. Add the ginger and the garlic and sauté another 2 minutes. Add 1/2 tsp salt. Push the vegetables to the side.

Add the chicken to the empty space you created. Sprinkle with salt and let chicken brown slightly, 2-3 minutes a side, flipping once. Add the curry powder, coriander, turmeric, and cayenne, and stir them into the chicken and onions, until fragrant.

Add the raisins, coconut milk, and water. Bring the stew to a boil, then cover and lower the heat so it simmers, and let cook for 5 minutes. Remove the cover and cook 5 more minutes. Stir in the lemon juice. Add the banana slices and gently stir them in, letting them warm for about 2 minutes. Be careful not to mush them. Taste for salt, adding more if needed.

Serve the curry over rice with the chopped peanuts on top.

# Cabbage Potstickers

## Ingredients

2 Tbsp dark sesame oil  
1 Tbsp minced fresh garlic  
1/2 cup finely grated carrot  
2 cups thinly sliced Chinese cabbage  
4 Tsp chili garlic sauce, divided  
5 Tbsp lower-sodium soy sauce, divided  
1 1/4 Lb large shrimp, peeled, deveined and finely chopped  
40 wonton wrappers  
Cornstarch  
1 1/3 cups plus 1 Tbsp water divided  
3 Tbsp honey  
1 Tbsp rice vinegar  
Cooking spray



## Directions

Heat a large skillet over medium heat. Add oil; swirl to coat. Add garlic; cook 1 1/2 minutes, stirring constantly. Stir in carrot; cook 1 minute. Stir in cabbage; cook 3 minutes or until wilted. Stir in 1 Tbsp chili garlic sauce. Remove pan from heat; stir in 2 Tbsp soy sauce. Cool; stir in shrimp.

Arrange 8 wonton wrappers on a work surface. Spoon about 2 Tsp shrimp mixture in center of each skin. Moisten edges of skins with water. Fold in half; press edges together to seal. Place on a baking sheet sprinkled with cornstarch; cover to prevent drying. Set aside

Bring remaining chili garlic sauce, soy sauce, 1 Tbsp water, honey, and vinegar to a boil in a small saucepan. Cook 3 minutes or until thickened, stirring frequently.

Heat a large skillet over medium heat. Coat both sides of potstickers with cooking spray. Arrange 10 potstickers in skillet; cook 2 minutes or until browned. Carefully add 1/3 cup water to skillet; cover and steam 5 minutes. Uncover and cook 1 minute or until liquid evaporates. Remove potstickers from pan; Serve with soy sauce mix.

# Cabbage with Mango Slaw Vinaigrette

## Ingredients

1/2 cup chopped mango  
1 Tbsp canola oil  
1 Tbsp fresh lime juice  
1/4 Tsp salt  
5 cups thinly sliced green cabbage  
1/2 cup diced mango  
1/4 cup thinly green onions  
3 Tbsp chopped toasted cashews



## Directions

Combine chopped mango, canola oil, lime juice and salt in a mini food processor, process until smooth. Place cabbage, diced mango and green onions in a large bowl, tossing to combine. Drizzle cabbage mixture with pureed mango mixture; toss to coat. Sprinkle with cashews.

# Caramelized Cabbage with Penne

## Ingredients

6 oz uncooked whole-wheat penne	1/4 Tsp ground black pepper
3 Tbsp olive oil	1 chili, thinly sliced
2 garlic cloves, thinly sliced	2 Tsp grated lemon rind
1/2 Tsp salt	3/4 cup provolone cheese, shredded
6 cups coarsely chopped green cabbage	1 Tbsp thyme leaves



## Directions

Bring a large saucepan filled with water to a boil. Add pasta, cook 7-9 minutes. Drain and reserve 1/4 cup cooking liquid.

Heat a large skillet over medium heat. Add oil, swirl to coat. Add garlic to pan, sauté 30 seconds or until beginning to brown. Remove garlic from the pan; set aside

Increase heat to medium-high. Add cabbage to pan; cook 6 minutes or until browned and tender, stirring occasionally. Stir in salt, pepper and chili, cook 2 minutes. Stir in pasta, reserved 1/4 cup pasta cooking liquid and reserved garlic. Stir in rind and 5 oz cheese. Divide pasta mixture among bowls and sprinkle with remaining cheese and thyme.

# Caribbean Style Roasted Cabbage

## Ingredients

2 1/4 Lbs green cabbage, core removed and cut into 1-inch cubes  
1 cup vertically sliced yellow onion  
1 Tbsp canola oil  
1 Tsp sugar  
1 Tsp ground black pepper  
3/4 Tsp salt  
3 cups carrots, cut into ribbons  
3 Tbsp cider vinegar  
2 Tsp habanero hot sauce  
1 Tbsp butter

## Directions

Combine cabbage, onion, oil, sugar, black pepper and salt in a large bowl; toss to coat.

Divide cabbage mixture between 2 foil-lined jelly-roll pans. Bake at 450°F for 20 minutes, stirring and rotating pans after 10 minutes.

In the same bowl that you used for the cabbage, combine carrots, vinegar and hot sauce; toss to coat.

Remove cabbage from oven, and carefully transfer to the bowl with the carrots. Add butter; toss gently to combine.

Heat broiler to high. Return cabbage mixture to pans, spreading evenly. Place each pan under the broiler for 3 minutes or until edges begin to brown and evenly crisp.



# Cantaloupe Loaf

## Ingredients

- 1/3 cup butter or margarine
- 2/3 cup sugar
- 1 egg
- 1 3/4 cup flour
- 2 Tsp baking powder
- 1/4 Tsp baking soda
- 1/4 Tsp salt
- 1 cup mashed cantaloupe, drained
- 1/2 cup nuts



## Directions

In a large bowl, cream butter and sugar until light and fluffy. Beat in egg.

Combine the flour, baking powder, baking soda and salt; add to creamed mixture alternately with cantaloupe until blended (mixture will appear curdled). Fold in nuts

Pour into a greased 8"x4" loaf pan. Bake at 350°F for 55-60 minutes or until a toothpick comes out clean when inserted in the center. Cool for 10 minutes before removing from pan to a wire rack.

# Simple Cantaloupe Smoothie

## Ingredients

- 1 cup vanilla yogurt
- 1/2 cup fresh squeezed orange juice
- 1/2 cup, sliced cantaloupe
- 4 ice cubes, crushed



## Directions

Blend yogurt, orange juice, cantaloupe and ice cubes in a blender until smooth, about 30 seconds. Pour in a glass and enjoy!



# Glazed Hen with Cucumber and Cantaloupe Salad

## Ingredients

2 Cornish hens  
Salt and ground pepper  
2-3 Tsp chili pepper  
3 Tbsp fresh lime juice  
3 Tbsp packed dark brown sugar  
3 Tbsp extra-virgin olive oil  
1/2 small cantaloupe  
1 shallot  
1 English cucumber

## Directions

Preheat the oven to 500°F. Season the hens all over with salt and pepper. Place on a rack in a roasting pan and roast for 15 minutes.

Whisk the chili sauce, lime juice, brown sugar, olive oil and 2 Tsp salt in a measuring cup to dissolve the sugar.

Set half of the mixture aside in a bowl for the salad. Baste the hens with some of the remaining dressing. Then rotate the pan and continue to cook until the hens are golden in color and a thermometer inserted into the thickest part of the thigh registers 160°F, about 20 minutes.

Peel and thinly slice the cantaloupe and shallot. Peel the cucumber, then halve lengthwise, seed and thinly slice. Toss the cantaloupe, shallot and cucumber with the reserved dressing.

Divide the salad among plates. Using kitchen shears to cut each hen in half and place one half on each plate. Drizzle the pan juices over the hens and salad.



# Grilled Melon and Prosciutto Pasta Salad

## Ingredients

### *Dressing*

- 1 Tbsp Dijon mustard
- 1/4 cup champagne vinegar
- 1/4 cup extra-virgin olive oil
- 1/2 Tsp salt
- 1/4 cup chopped basil
- 2 Tbsp chopped parsley
- 1 Tbsp chopped tarragon
- 1/2 cup grated parmesan

### *Salad*

- 2 Tbsp olive oil
- 4 ounces sliced prosciutto, cut into thin strips
- 1/2 cantaloupe, rind removed, cut into wedges
- 2 cups pasta, cooked and cooled
- 1 cup pitted olives, halved



## Directions

*For the dressing:* In a large bowl whisk together the mustard, vinegar, olive oil and salt until mixed but not thoroughly blended. Add the basil, parsley, tarragon and parmesan and stir to combine.

*For the salad:* Heat a medium skillet over medium heat. Add the olive oil and prosciutto and cook stirring often until the prosciutto is brown and crispy, about 6 minutes. Remove the prosciutto to a paper towel lined plate. Let cool.

Heat a grill pan over high heat. Place the melon wedges in the pan and grill until nice grill marks appear and the melon is slightly caramelized, about 1 minute per side. Remove to a cutting board and chop into bite size pieces.

Add the grilled melon, pasta and olives to the bowl with the dressing and toss well to coat. Sprinkle with the crispy prosciutto.

The salad can be refrigerated for a day before serving. Just leave off the prosciutto until the last minute.

# Celery and Cranberry Relish

## Ingredients

1 (12-ounce) bag fresh or thawed frozen cranberries  
3/4 cup sugar  
3/4 cup water  
1 cup chopped celery  
1/4 cup sliced almonds, toasted and cooled  
Garnish: finely chopped celery leaves



## Directions

Simmer cranberries, sugar, water, and 1/4 tsp salt in a heavy medium saucepan, uncovered, stirring occasionally, until most of cranberries have burst, 15 to 20 minutes. Transfer to a bowl and cool completely.

Just before serving, stir in celery and almonds.

# Stuffed Celery Snacks

## Ingredients

1 (8 ounce) package cream cheese  
1/3 cup carrot, shredded  
1 1/2 Tsp dried parsley flakes  
1/4 Tsp dried thyme  
1 dash onion powder  
8 celery ribs (cut into 3 inch pieces)



## Directions

In a small bowl, combine cream cheese, carrot and seasonings.

Fill celery pieces with cream cheese mixture.

Cover and chill for at least one hour.

# Chicken and Celery Stir Fry

## Ingredients

- 1 Lb boneless, skinless chicken breast
- 1 large egg white
- 1 Tbsp cornstarch
- 1 Tsp salt
- 1/4 Tsp pepper
- 2-3 Tbsp vegetable oil
- 1 Lb celery (8 to 10 stalks), thinly sliced diagonal
- Ginger (if using fresh peel and thinly sliver lengthwise)
- 1 jalapeno, red or green, slivered lengthwise (for less heat remove rib and seeds)
- 3 Tbsp rice vinegar
- 1 Tbsp sesame oil
- 1 Tbsp sugar
- 4 green onions, cut in 3 inch lengths

## Directions

Cut chicken into thin strips, 2 1/2 to 3 inches long. In a medium bowl, whisk together egg white, cornstarch, 1 tsp salt, and 1/4 tsp pepper until smooth. Add chicken strips and toss to coat.

Heat 1 tbsp vegetable oil in a large non-stick skillet over medium-high heat. Add half of coated chicken strips to skillet; cook, turning once, until golden, about 5 minutes. Transfer to a plate. Add another tbsp vegetable oil to skillet, and brown remaining chicken in same manner.

Add celery, ginger and jalapeno to remaining oil in skillet (add additional oil, if necessary); cook, tossing, until celery is crisp-tender, 4 to 5 minutes.

Stir vinegar, sesame oil and sugar in with vegetables. Add green onions and cooked chicken; toss, until combined and heated through, 1 to 2 minutes. Serve immediately.



# Seared Scallops with Celery and Raisin Salad

## Ingredients

1 Tsp grated lemon zest  
2 Tbsp lemon juice  
1 Tsp Dijon mustard  
1/2 Tsp sugar  
1/4 cup Olive oil  
Salt and pepper  
3 cups thinly sliced celery  
1/3 cup parsley leaves  
1/3 cup golden raisins  
1 Tbsp canola oil  
8 large scallops, patted dry  
1 Tbsp cold unsalted butter  
2 sprigs thyme



## Directions

Preheat oven to 500 °F. Whisk together lemon zest, juice, mustard, and sugar. Pour in olive oil and season with salt and pepper. Add celery, parsley, and raisins. Toss to combine.

Heat a medium skillet over high and swirl in canola oil. Season scallops with salt, then sear, larger side down, in a single layer. Cook without moving, until underside is golden and a crust has formed, 2 minutes. Add butter and thyme and transfer to the oven. Cook 1 to 2 minutes more. Serve scallops, seared-side up, drizzled with pan juices, alongside celery salad.

# Tomato Celery Mince Stew

## Ingredients

2 Tomatoes  
Handful of mince meat (pork, chicken, beef)  
3-4 stalks of chopped celery  
Dried herbs to taste  
Salt and pepper



## Directions

Simmer together in some water the tomatoes and minced meat.

As everything disintegrates and thickens add the celery, dried herbs, salt and pepper. Cook until celery mellows but has a crunch.

## Citrus Salad with Cashews and Mint



### Ingredients

2 grapefruits, peeled and cut into segments  
2 clementines or tangerines, peel and pith removed, cut into slices  
2 kiwis, peeled and cut into slices  
1/4 cup toasted cashews, chopped  
1/4 cup fresh mint leaves  
Sea salt

### Directions

Arrange fruit on a platter. Squeeze any excess juice from grapefruit membrane. Top with cashews and mint leaves. Lightly season with salt.

## Company Fruit Salad

### Ingredients

4 medium Golden Delicious apples, diced  
4 medium Red Delicious apples, diced  
2 cups seedless green grapes, halved  
2 cups seedless red grapes, halved  
1 can (20 ounces) pineapple chunks, drained  
2-3 clementines

#### *Dressing:*

3 ounces cream cheese, softened  
1/2 cup sour cream  
1/2 cup mayonnaise  
1/4 cup sugar



### Directions

In a large bowl, combine the first 6 ingredients. In a small bowl, beat dressing ingredients until smooth. Pour over fruit; toss gently to coat.

# Citrus Strawberry Freezer Pops

## Ingredients

- 2 cups fresh or frozen strawberries, sliced
- 6 Tbsp water
- 1 Tbsp sugar
- 2 cups clementine segments (about 10), seeded
- 6 Tbsp orange juice
- 10 freezer pop molds or 10 paper cups and 10 wooden pop sticks



## Directions

Place strawberries, water and sugar in a food processor; pulse until combined. Divide among molds or cups. Top molds with holders; if using cups, top with foil and insert sticks through foil. Freeze until firm, about 2 hours.

Wipe food processor clean. Add clementines and orange juice; pulse until combined. Spoon over strawberry layer. Freeze, covered, until firm.

# Citrus Pomegranate Salad

## Ingredients

- |                  |                              |
|------------------|------------------------------|
| 2 navel oranges  | 1 Tbsp honey                 |
| 2 blood oranges  | 1 Tbsp lemon juice           |
| 1 grapefruit     | Sea salt and pepper to taste |
| 1 pomegranate    | 3 fresh mint leaves          |
| 2 Tbsp olive oil |                              |



## Directions

Peel the oranges and grapefruit. Cut the citrus into rings and set aside. Cut the pomegranate in half across the middle and place cut side up in the palm of your hand. Have a bowl ready. Using a tbsp, tap vigorously on the exterior of the fruit, letting the arils fall into the bowl. Whisk together the olive oil, vinegar, honey, sea salt and pepper until smooth.

Set the citrus slices decoratively on a platter, alternating between the colours of the orange, blood orange and grapefruit. Scatter the pomegranate over the top. Drizzle with the dressing and garnish with the mint.

# Clementine Pork Stir Fry



## Ingredients

2 cups uncooked long grain rice

1 Tbsp cornstarch

1/2 Tsp garlic powder

1/2 Tsp ground ginger

1/2 cup orange juice

1/4 cup water

2 Tbsp soy sauce

1 pork tenderloin (1 pound) cut into 2-inch strips

2 Tbsp canola oil

1 package (14 ounces) frozen snap peas

2-3 clementine (approx.)

## Directions

Cook rice according to package directions. In a small bowl, combine the cornstarch, garlic powder and ginger. Stir in orange juice until smooth. Stir in water and soy sauce; set aside.

In a large wok or skillet, stir fry pork in oil until juices run clear; remove to a platter and keep warm.

In the same skillet, stir fry peas until tender. Return pork to skillet. Stir orange juice mixture; add to skillet. Cook and stir for 2 minutes or until thickened. Gently stir in clementine. Serve with rice.

# Tropical Overnight Oats

## Ingredients

1/2 cup rolled oats

3/4 cup unsweetened coconut milk

1/4 cup diced pineapple

1 Tbsp chopped unsweetened dried mango

1 1/2 Tsp chia seeds

1 1/2 Tsp unsweetened shredded coconut



## Directions

Combine oats, coconut milk, pineapple, mango and chia seeds in a small bowl or jar. Cover and let refrigerate overnight. Top with coconut before serving.



# Coconut Lime Cupcakes

## Ingredients

1 1/4 cup all-purpose flour  
1 Tsp baking powder  
1/2 Tsp baking soda  
1/2 Tsp salt  
2 large eggs  
3/4 cup granulated sugar  
1/2 cup oil, canola or vegetable  
2 to 3 Tsp lime zest, from 1 medium lime  
4 Tbsp lime juice, 1 medium lime  
1 Tsp coconut extract  
3/4 cup coconut milk, from a can

## Directions

Combine the flour, baking powder, baking soda and salt in a bowl.

Whisk the eggs and sugar in a separate bowl. Then add the oil, lime zest and juice, coconut extract, and coconut milk.

Mix the dry ingredients into the wet ingredients until just combined. Do not over mix.

Line a cupcake pan with paper cups and fill each cup 2/3 full.

Bake at 400° F for 14 minutes or until the cake springs back when lightly touched. Alternately use a toothpick to test the center of a cupcake. Allow cupcakes to cool completely.

Sprinkle toasted coconut on top to serve.



# Coconut Curry Mussels

## Ingredients

4 pounds of mussels	1 Tsp fennel seeds, crushed
1 Tbsp canola oil	1/4 Tsp cayenne pepper
1 medium onion, sliced	1/4 Tsp salt
2 medium tomatoes, chopped	1 (14 ounce) can coconut milk
2 cloves garlic, minced	1/2 cup dry white wine
1 Tbsp minced fresh ginger	Chopped fresh cilantro for garnish
2 Tsp curry powder	



## Directions

Rinse mussels well and use a brush to remove any barnacles. Discard any with broken shells.

Heat the oil in a large pot over medium-high heat. Add onion and cook, stirring until translucent, about 3 minutes. Add tomatoes, garlic, ginger, curry powder, fennel seeds, cayenne and salt; cook until the tomatoes soften, 1 to 2 minutes. Add coconut milk and wine; bring to a boil and cook for 2 minutes. Add the mussels, cover and reduce heat to medium. Cook for 6 minutes. Remove the mussels with a slotted spoon to a large bowl (discard any unopened mussels); cover to keep warm.

Boil the sauce over high heat for 5 minutes to reduce slightly. Pour the sauce over the mussels. Serve garnished with cilantro.

# Coconut Lime Turkey Skewers

## Ingredients

1/3 cup coconut water	1/4 Tsp crushed red pepper
1/2 Tsp finely shredded lime peel	1 turkey breast tenderloin (12 ounces)
1/4 cup lime juice	8 8-10 inch skewers
2 Tbsp honey	1/4 cup flaked coconut, lightly toasted



## Directions

In a large plastic bag combine the first 5 ingredients. Cut turkey tenderloin into thin 1/4 inch strips. Add to marinade in bag. Seal bag, turning to coat turkey. Marinate in the refrigerator for 2 to 4 hours, turning bag occasionally.

Drain turkey. Thread the turkey onto skewers. Place skewers on the grill rack over medium heat. Grill covered, for 6 to 8 minutes or until turkey is no longer pink, turning once halfway through grilling. To serve, sprinkle skewers with coconut.

# Cheese Plate with Grape Tapenade

## Ingredients

1 cup finely chopped grapes  
2 Tbsp chopped toasted almonds  
1 Tbsp minced shallots  
Juice of 1/2 lemon  
1 Tsp honey  
Salt  
Cheeses  
Sliced baguette



## Directions

Combine grapes, toasted almonds, shallots, lemon juice and honey in a bowl; season with salt and let sit 30 minutes. Serve with a cheese of your choice and sliced baguette.

# Olive Oil Cake with Red Grapes

## Ingredients

1/2 cup extra virgin olive oil	2 large eggs
1 cup all purpose flour	2/3 cup white sugar
1/2 cup finely ground toasted almonds	2 Tsp finely grated lemon zest
1/4 cup yellow cornmeal	1/3 cup whole milk
1 1/2 Tsp baking powder	2 cups red seedless grapes



## Directions

Preheat oven to 350° F. Brush an 8-inch square pan with oil; dust with flour, tapping out the excess. Whisk together flour, almonds, cornmeal, baking powder and 1/2 tsp salt. Beat eggs, sugar and zest with a mixer on high speed until pale and fluffy. Reduce speed to low; slowly add oil. Beat in flour mixture in 3 additions, alternating with milk, beginning and ending with flour.

Spoon batter into pan and scatter 1 cup grapes over top. Bake for 15 minutes. Scatter the remaining grapes over cake. Bake until cake is golden and a toothpick inserted comes out clean. Let cool in the pan for 15 minutes. Turn out and cut into squares.

## Pork with Parsnips and Grapes

### Ingredients

2 Tsp extra virgin olive oil  
Salt and ground pepper  
3 small parsnips, peeled and sliced 1/4 inch thick  
6 ounces pork tenderloin, cut into 3/4 inch thick slices  
1 cup seedless red grapes  
1 Tsp fresh rosemary leaves, minced



### Directions

In a large skillet, heat oil over medium-high. Season pork with salt and pepper and add to skillet along with parsnips. Brown pork and parsnips on both sides, about 5 minutes total. Add grapes and rosemary and cover.

Reduce heat to medium-low and cook until pork is cooked through, parsnips are tender, and grapes have just burst, 3 to 5 minutes. Serve pork with parsnips, grapes and pan juices.

## Wild Rice with Red grapes

### Ingredients

2 Tbsp butter	2 cups wild rice blend
Salt and pepper	1 1/2 cups red seedless grapes, halved
1 small onion, finely chopped	1/2 cup chopped fresh parsley
1 Tsp chopped fresh rosemary	1 can chicken broth (14.5 ounces)



### Directions

In a large saucepan, melt butter over medium heat. Add onion; season with salt and pepper and cook, stirring occasionally, until tender, 3 to 5 minutes. Add rice and rosemary, cook, stirring about 1 minute.

Add broth and 1 cup water, bring to a boil over high heat. Reduce to medium-low heat, cover and cook until liquid is absorbed and rice is tender. Add grapes and parsley. Season with salt and pepper and stir to combine.

# Lemon Avocado Dip

## Ingredients

1 ripe avocado, halved, seeded and peeled  
1 Tbsp lemon juice or lime juice  
1/2 cup sour cream

1 clove garlic, minced  
1/8 Tsp salt  
Lemon wedge (optional)

Red, yellow, and or green peppers, seeded and cut into strips



## Directions

In a medium bowl, use a fork to mash avocado with lemon juice. Stir in sour cream, garlic and salt. If desired garnish with a lemon wedge. Serve with pepper strips.

To make ahead: Prepare as directed. Cover surface of dip with plastic wrap. Chill up to 4 hours.

# Lemon Blueberry Blender Muffins

## Ingredients

1/2 cup plain Greek yogurt  
3 eggs  
Juice of 1 lemon  
2 Tsp lemon zest  
1/4 cup honey  
1 Tsp vanilla extract

3 cups flour  
1 1/2 Tsp baking powder  
1/2 Tsp baking soda  
1/4 Tsp salt  
1 cup blueberries, fresh or frozen



## Directions

Preheat oven to 350°F.

Combine first 6 ingredients in your blender and blend for about 30seconds. Add the rest of the ingredients except for the blueberries and blend for about 1 minute. You could also use a hand mixer or a food processor if you do not have a blender.

Fold in blueberries and divide batter between 12 prepared muffin cups. Bake 25 to 30 minutes or until a toothpick inserted in the middle comes out clean. Transfer muffins to a wire rack to cool.

# Lemon Herb Mediterranean Chicken Salad

## Ingredients

### *Marinade:*

2 Tbsp olive oil

Juice of 1 lemon (1/4 cup fresh squeezed lemon juice)

2 Tbsp water

2 Tbsp red wine vinegar

2 Tbsp fresh chopped parsley

2 Tsp dried basil

2 Tsp garlic, minced

1 Tsp dried oregano

1 Tsp salt

Pepper, to taste

1 pound (500 g) skinless, boneless chicken thigh fillets (or chicken breasts)

### *Salad:*

4 cups Romaine lettuce leaves, washed and dried

1 large cucumber diced

2 tomatoes diced

1 red onion sliced

1 avocado sliced

1/3 cup pitted olives, sliced (optional)

Lemon wedges for serving



## Directions

Whisk together the marinade ingredients in a large jug. Pour half of the marinade into a large shallow dish. Refrigerate the remaining marinade to use as dressing later.

Add the chicken to the marinade in the dish; marinate chicken for 15-30 minutes or longer, if time allows. While waiting for the chicken, prepare all the salad ingredients and mix in a large salad bowl.

Once the chicken is ready heat 1 Tbsp oil in a grill pan over medium-high heat. Grill chicken on both sides until browned and completely cooked through. Allow chicken to rest for 5 minutes; slice and arrange over salad. Drizzle salad with the remaining untouched marinade. Serve with lemon wedges.

# Lemon Rice

## Ingredients

2 Tbsp butter

1 Tbsp olive oil

4 green onions, white parts only, cut into thin rounds, reserve the green for garnish

3 garlic cloves, minced

1 Tsp lemon zest

1 cup long grain rice

1/4 Tsp turmeric powder

Salt and Fresh ground pepper to taste.

1 cup vegetable broth

1 cup half & half evaporated milk or 2% milk

Juice of 1 lemon (about 3 Tbsp)

Chopped fresh dill for garnish

Chopped green onions for garnish

## Directions

Melt butter and heat olive oil in a nonstick pan. Add the onions and cook for 1 minute.

Stir in the garlic and lemon zest; continue to cook and stir for 30 seconds or until fragrant.

Add rice; season with turmeric, salt and pepper and cook and stir for 1 minute.

Stir in vegetable broth, milk and lemon juice. Turn up the heat and bring mixture to a boil.

Reduce heat to a simmer; cover the pan and simmer for 18 to 20 minutes or until liquid has evaporated.

Remove from heat and fluff with a fork and taste for seasonings. Adjust accordingly. Serve.



# Moroccan Grilled Salmon



## Ingredients

1/2 cup plain yogurt  
Juice of 1 lemon, plus lemon wedges for garnish  
1 Tbsp extra virgin olive oil, plus more for the grill  
4 6-ounce skinless center cut salmon fillets  
1/4 cup chopped fresh cilantro or parsley for garnish

2 to 3 cloves garlic, smashed  
1 1/2 Tsp ground coriander  
1 1/2 Tsp ground cumin  
Salt and ground pepper to taste

## Directions

Stir together the yogurt, lemon juice, olive oil, garlic, coriander, cumin, salt and pepper in a small bowl. Pour half the sauce into a large resealable plastic bag; cover and refrigerate the remaining sauce. Add the salmon to the bag and turn to coat with the marinade. Refrigerate for 20-30 minutes, turning the bag over once.

Preheat a grill to medium high. Remove the salmon from the marinade and blot the excess yogurt off with paper towels.

Lightly oil the grill and add the salmon; cook turning once, until browned on the outside and opaque in the center, 4-6 minutes per side, depending on the thickness.

Serve with the reserved yogurt sauce and garnish with the herbs and lemon wedges.

# Creamy Mushroom Garlic Sauce

## Ingredients

8 ounces cremini or white mushrooms  
4 cloves garlic  
2 Tbsp olive oil  
2 cups heavy cream  
3/4 Tsp salt  
1/4 Tsp ground pepper



## Directions

Thinly slice mushrooms and mince the garlic cloves. Heat the olive oil in a medium skillet over medium heat until shimmering. Add mushrooms and sauté until browned, 8-9 minutes. Add the garlic and sauté until fragrant about 1 minute.

Add heavy cream and bring to a simmer. Simmer until the sauce is reduced by half and thick enough to coat the back of a spoon 5-7 minutes. Season with salt and pepper.



# Creamy Wild Mushroom One Pot Pasta

## Ingredients

12 ounces mixed wild mushrooms

3 cloves garlic

2 Tbsp olive oil

12 ounces dried linguine pasta

1 (32 ounce) box chicken, vegetable or mushroom broth

3/4 cup heavy cream

Salt and pepper

Grated parmesan cheese

Thyme leaves (optional)

## Directions

Slice the wild mushrooms and mince 3 garlic cloves

Heat olive oil in a large pot over high heat until shimmering. Add the mushrooms and cook until lightly browned, about 4 minutes. Add the garlic, dried linguine, broth and heavy cream. Bring to a boil and cook uncovered, stirring occasionally until the liquid is absorbed and the pasta is fully cooked, about 12 minutes.

Season with salt and pepper. Serve with grated parmesan cheese and thyme leaves.



# Crab Stuffed Mushroom

## Ingredients

1 pound fresh mushrooms

7 ounces crabmeat

5 medium green onions, thinly sliced

1/4 Tsp dried thyme

1/4 Tsp oregano

1/4 Tsp savory

Ground pepper to taste

1/4 cup grated parmesan cheese

1/3 cup mayonnaise

3 Tbsp grated parmesan cheese

1/4 Tsp paprika

## Directions

Preheat oven to 350° F.

In a bowl combine crabmeat, green onions, herbs and pepper. Mix in mayonnaise and parmesan cheese until well combined. Refrigerate filling until ready for use. Wipe the mushrooms clean with a damp towel. Remove stems. Spoon out the gills and the base of the stems, making deep cups. Fill the mushroom cups with rounded teaspoons of filling and place them in an ungreased shallow baking dish. Sprinkle tops with parmesan and paprika. Bake for 15 minutes.



# Warm Mushroom Salad

## Ingredients

3 pounds medium white mushrooms, trimmed and quartered  
3 Tbsp fresh lemon juice  
2 Tbsp unsalted butter  
2 Tbsp plus 1 Tsp olive oil  
Salt and ground pepper  
1 Tbsp soy sauce  
3 Tbsp extra-virgin olive oil  
2 Tbsp sherry vinegar  
2 Tbsp marsala (fortified wine)  
2 Tsp tomato paste  
2 garlic cloves, minced  
3 large shallots, thinly sliced  
6 cups coarsely shredded romaine lettuce  
2 cups coarsely shredded Boston lettuce  
1/2 cup shredded Gouda cheese



## Directions

Preheat oven to 300°F

In a large bowl, toss the mushrooms with the lemon juice.

In a large skillet, melt the butter in 2 tbsp of the olive oil over moderately high heat. When the butter starts to brown, add the mushrooms and season with salt and pepper. Cover and cook until the mushrooms release their liquid, about 3 minutes. Uncover and continue to cook, stirring occasionally, until the liquid has evaporated and the mushrooms are deeply browned, about 8 minutes. Add the soy sauce and cook, stirring, for 2 minutes longer. Transfer the mushrooms to a rimmed baking sheet and keep warm in the oven.

In a small bowl, whisk the extra-virgin olive oil with the sherry vinegar, Marsala, tomato paste and minced garlic. Season the sherry vinaigrette with salt and pepper.

Add the remaining 1 tsp of pure olive oil to the skillet. Add the shallots, cover and cook over moderate heat until softened. Uncover and cook, stirring, until lightly browned. Stir in the sherry vinaigrette and remove from the heat.

In a bowl, toss the lettuces. Add the mushrooms and shallots and toss well. Arrange the salad on 6 plates, sprinkle with the cheese and serve at once.

# BBQ Chicken with Peach and Feta Slaw

## Ingredients

- 5 Tbsp olive oil, divided
- 2 Tbsp sherry vinegar
- 1/2 Tsp black pepper, divided
- 3/8 Tsp salt, divided
- 1 1/2 cups sliced peaches (about 2 medium)
- 1 (12-oz) pkg broccoli slaw
- 3 (6-oz) skinless, boneless chicken breast, cut crosswise into 1-inch strips
- 1/4 cup barbecue sauce
- 1 Tbsp chopped fresh chives
- 1/4 cup feta cheese, crumbled



## Directions

Combine 4 tbsp oil, vinegar, 1/4 tsp pepper and 1/4 tsp salt in a large bowl, stirring with a whisk. Add peaches and slaw to vinegar mixture; toss gently to coat.

Sprinkle chicken evenly with remaining pepper and salt. Heat the remaining oil in a large non-stick skillet over medium to high heat. Add chicken to pan; cook 6 minutes or until done. Place chicken in a large bowl. Add barbecue sauce to bowl and toss.

Divide slaw mixture among 4 plates, top with chicken strips. Sprinkle with chives and feta.

# Peach Pie Smoothie

## Ingredients

- 1/2 cup 1% milk
- 1/2 cup plain yogurt
- 1 cup frozen unsweetened peaches
- 1 Tbsp honey, plus more to taste
- 1/4 Tsp vanilla extract
- 1/8 Tsp ground cinnamon
- Pinch ground nutmeg

## Directions

Put all ingredients into a blender and blend until smooth.



# Peach and Gorgonzola or Feta Chicken Pizza



## Ingredients

- 1 (10-inch) pre-baked thin pizza
- 1 Tsp extra virgin olive oil
- 1/2 cup shredded mozzarella cheese, divided
- 1 cup shredded cooked chicken breast
- 1/3 cup crumbled Gorgonzola or Feta cheese
- 1 medium unpeeled peach, thinly sliced
- 1/3 cup balsamic vinegar

## Directions

Preheat oven to 400°F. Place pizza crust on a baking sheet coated with cooking spray. Brush extra-virgin olive oil evenly over crust. Top evenly with 1/4 cup shredded mozzarella cheese, chicken, gorgonzola or feta cheese and peach slices. Top with remaining 1/4 cup mozzarella. Bake for 11 minutes or until crust browns.

Place vinegar in a small saucepan over medium-high heat; cook until reduced to 2 tbsp. Drizzle balsamic reduction evenly over pizza. Cut pizza into 8 wedges.

# Peach Raspberry Lemonade

## Ingredients

- 1/8 cup sugar
- 6 ounces raspberries
- 3 medium peaches, sliced
- 1 cup freshly squeezed lemon juice



## Directions

In a medium saucepan, combine 1 cup water and the sugar over medium heat until the sugar has dissolved. Add raspberries and peaches. Simmer and stir occasionally until raspberries have broken down.

Combine raspberry peach mixture in a blender until smooth, about 1 minute; let cool completely before straining through a cheesecloth or fine sieve. In a large pitcher, whisk together raspberry peach mixture, lemon juice and 5 cups water. Place in the refrigerator until chilled. Serve over ice.

# Peach Tomato Basil Salad

## Ingredients

1/2 red onion	2 Tbsp sherry vinegar (or red or white wine vinegar)
2 large peaches	2 Tbsp olive oil
2 large tomatoes	1 Tbsp honey
15 ounce can chickpeas	1/4 cup feta cheese
1/2 cup packed fresh basil leaves	Salt and ground pepper



## Directions

Thinly slice the red onion; place it in a small bowl and cover in cold water. Squeeze and release the onion slices about 5 to 6 times; drain the water and repeat the squeeze and rinse cycle 2 more times. Place the slices back in the bowl and cover with cold water while assembling the salad.

Dice the peaches and tomatoes. Drain and rinse the beans. Slice the basil into thin strips.

In a small bowl, whisk together sherry vinegar, olive oil, honey, 2 pinches salt and ground pepper.

Drain the onions and squeeze them dry. In a large bowl, gently mix onions with tomatoes, peaches, beans, basil, and dressing, and a few pinches salt. Sprinkle with crumbled feta cheese and serve.

# Grilled Peach and Avocado Salsa

## Ingredients

2 ripe but firm peaches halved and pitted.	
1 avocado peeled and diced	1/2 cup red onion finely chopped
1 jalapeno seeded and finely chopped	3 Tbsp fresh lime juice



## Directions

Heat the grill to medium-high and spray with oil.

Cut the peaches in half, remove the pit and lightly coat with olive oil. Place peaches on the preheated grill cut side down and grill until peaches have softened but not falling apart. Transfer peaches to a cutting board and chop into bite size pieces. Place in a bowl, add the remaining ingredients and toss to combine. Refrigerate until ready to use.

# Perfect Plum Muffins

## Ingredients

2 cups flour  
2 Tsp baking powder  
1/2 Tsp baking soda  
1/2 cup sugar  
2 eggs  
1/2 cup light olive oil  
1 cup yogurt (if using Greek yogurt add 1 tbsp milk)  
8 small plums or 6 medium plums



## Directions

Sift flour, baking powder and baking soda into a large bowl. Add the sugar. In a separate bowl whisk together the eggs, olive oil and yogurt until smooth. Pour the yogurt mixture into the dry ingredients. Slowly stir until just combined. Do not over stir. Wash the plums and chop into pieces. Gently stir in the plums with just a few turns.

Fill the muffin cups and bake in a preheated 350°F for 15-18 minutes or until golden brown.

# Roasted Plum Breakfast Parfaits

## Ingredients

6 plums, pitted and cut into wedges	1/8 Tsp salt
1/4 cup fresh orange juice	2 cups vanilla Greek yogurt
3 Tbsp light brown sugar	2 cups granola (without raisins)
1 1/2 Tbsp butter, melted	1 1/2 Tbsp chopped pistachios or other nut



## Directions

Combine plums, juice, sugar, butter and salt in a bowl, tossing gently to coat. Transfer plums to a 13 x 9 inch broiler safe baking dish. Bake the plums at 400°F for 20 minutes or until plums are very soft. Turn oven to broil (leave dish in oven). Broil plums 4 minutes or until pan juices are syrupy. Remove from oven; cool completely.

Place 2 plum wedges in the bottom of each of 6 parfait glasses, layer with about 2 1/2 tbsp yogurt and about 2 1/2 tbsp granola. Repeat layers once. Top each parfait with 2 more plum wedges and drizzle each with 1 1/2 Tbsp pan juices. Sprinkle evenly with pistachios or other nuts.

# Roasted Pork Tenderloin with Fresh Plum Sauce

## Ingredients

1 pork tenderloin  
1 Tbsp vegetable oil  
1 red onion, sliced  
2 shallots, sliced  
3 fresh thyme sprigs or more to taste  
2 firm plums, pitted and each cut into 4 wedges  
1 cup water  
1 Tbsp balsamic vinegar  
1 Tsp cold butter  
Salt and ground black pepper to taste

## Directions

Preheat oven to 400°F. Generously season pork tenderloin with salt and black pepper.

Heat oil in a large, oven proof skillet over medium-high heat. Cook tenderloin until browned on all sides, 2 to 4 minutes per side. Transfer tenderloin to a plate.

Sauté onion with a pinch of salt in the same skillet until just softening, 3-5 minutes. Add shallots, reduce heat to medium and cook and stir until shallots and onion are golden brown and caramelized, about 10 minutes.

Stir thyme into onion mixture; place tenderloin over onion mixture and set plum quarters, skin-side down, around pork tenderloin. Transfer skillet to oven.

Cook until pork is slightly pink in the center, about 20 minutes. A thermometer inserted in the center should read at least 145°F. Transfer pork and plums to a plate.

Place skillet over medium-high heat and pour water and balsamic vinegar into onion mixture. Bring mixture to a boil while scrapping the browned bits of food off the bottom of the pan with a wooden spoon. Cook and stir until liquid is reduced by half, 5 to 10 minutes. Remove from heat. Whisk butter into mixture until melted and sauce is shiny. Pour sauce over pork and plums.



# Roasted Cod with Soy Ginger Plum Salsa

## Ingredients

1 1/4 pound of cod  
3 Tbsp olive oil  
Salt  
Ground black pepper  
2 Tsp grated ginger  
1 clove garlic, minced  
1/2 small jalapeno, minced (optional)  
Juice of 1 lime  
1 1/2 Tbsp soy sauce  
1 Tsp sesame oil  
1 Tsp honey  
1/3 cup freshly chopped cilantro  
4 plums, diced  
Lime wedges, for serving  
Cooked rice, for serving

## Directions

Arrange cod on baking sheet, then season with salt and pepper and drizzle with 1 tbsp olive oil. Roast for 12 minutes or until fish flakes easily.

In a large bowl combine ginger, garlic, jalapeno (if using), lime, soy sauce, sesame oil, honey and remaining 2 tbsp of olive oil. Stir in cilantro and plums; season with salt or pepper if needed.

Spoon plum salsa over roasted cod and serve with rice and lime wedges.





# Apple Raisin Cakes

## Ingredients

2 eggs, beaten  
1 cup applesauce  
1 Tsp ground cinnamon  
2 Tsp white sugar  
1 cup all-purpose flour  
1/2 cup whole wheat flour  
2 Tsp baking powder  
2 Tsp vanilla extract  
1/2 cup raisins



## Directions

In a large mixing bowl, combine eggs, applesauce, cinnamon, sugar, flour, baking powder, vanilla and raisins. Form small cakes out of the batter.

Heat a nonstick griddle over medium heat. Fry the cakes until both sides are browned, about 5 to 7 minutes.

# Baked Sweet Potatoes with Raisins and Pecans

## Ingredients

5 sweet potatoes, peeled and cubed  
1 ounce raisins  
1 ounce chopped pecans  
1/8 cup melted butter  
1/2 cup maple syrup  
1/2 cup water



## Directions

Preheat oven to 400°F.

Spread sweet potatoes in a single layer in a 9x13 inch baking dish. Sprinkle with raisins and chopped pecans.

In a small bowl, mix butter, syrup and water. Pour the mixture over potatoes. Cover the baking dish with aluminum foil. Bake for 50 to 60 minutes, until the potatoes are tender.

# Cashew Raisin Rice Pilaf

## Ingredients

1/4 cup margarine  
1 1/2 cups uncooked long grain white rice  
1 chopped onion  
1 cup chopped carrot  
1 cup golden raisins  
3 cups chicken broth  
3/4 cup uncooked wild rice  
2 cups frozen green peas  
1 jar diced pimento peppers (4 oz) drained  
1 cup cashews  
1 Tsp salt  
Ground black pepper to taste



## Directions

Melt margarine in a large saucepan over medium-high heat. Sauté the long grain rice, onion, carrot and raisins for 3 to 5 minutes or until onion is tender. Pour in the broth and bring to a boil. Reduce heat to low, cover pan and simmer for 20 to 25 minutes.

In a saucepan bring 1 1/2 cups salted water to a boil. Add wild rice, reduce heat, cover and simmer for 45 minutes. Drain and set aside.

# Red Cabbage Slaw

## Ingredients

1/2 cup apple cider vinegar  
2 Tbsp sugar  
1/4 cup extra virgin olive oil  
2 Tsp celery seed  
Salt and ground black pepper  
2 small carrots, grated  
1 small red onion, chopped  
1 cup golden raisins  
1/2 head red cabbage (1 1/2 inch chunks)

## Directions

In a large bowl, whisk together vinegar and sugar until dissolved. Slowly whisk in oil, celery seed, salt and pepper to taste. Toss in cabbage, carrots, red onion and raisins to coat well. Cover and let set at least 1 hour.



# Raisin Rice Stuffed Chicken

## Ingredients

2 Tbsp olive oil  
2 (2-3 pounds) whole chickens  
3 cups cooked white rice  
1 cup raisins  
1 onion, chopped  
1 Tbsp ground turmeric  
Salt to taste  
Ground black pepper to taste



## Directions

Preheat oven to 350°F.

In a small skillet, heat olive oil. When the oil is hot, sauté the chopped onion. Add turmeric and raisins. Sauté. Add cooked rice and salt. Mix well.

Butter the outside of both chickens and sprinkle a little pepper on both. Stuff the rice mixture into chickens. Place in a greased 9x13 inch baking dish and bake in preheated oven for about 1 hour or until chickens are nice and brown and the juices run clear.

# Berry Yogurt Parfait

## Ingredients

1 cup plain Greek yogurt  
2 Tbsp honey  
1 Tsp vanilla  
1/2 Tsp finely shredded lemon peel  
1/2 cup fresh raspberries  
1/2 cup fresh strawberries, halved and quartered  
1/2 cup fresh blueberries  
1 cup multigrain oats and honey cereal



## Directions

Blend the yogurt, honey, vanilla and shredded lemon peel together. In a serving cup layer berries, yogurt and oats. Top with a lemon peel strip. Serves 4.

# Lemon Raspberry Muffins

## Ingredients

1 3/4 cups whole wheat flour  
1 Tsp baking powder  
1/2 Tsp baking soda  
1/2 Tsp salt  
1/3 cup extra virgin olive oil  
1/2 cup honey or maple syrup  
2 eggs, room temperature  
1 cup plain Greek yogurt  
2 Tsp vanilla extract  
Zest of 1 medium lemon (about 1/2 tsp)  
1 1/2 cups frozen raspberries



## Directions

Preheat the oven to 350°F

In a large mixing bowl, combine the flour, baking powder, baking soda and salt. Blend well with a whisk

In a medium mixing bowl, combine the oil and honey or maple syrup and beat together with a whisk. Add the eggs and beat well, then add the yogurt, vanilla and lemon zest. Mix well

Pour wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). Gently fold the raspberries into the batter. The mixture will be thick, but don't worry.

Divide the batter evenly between the 12 muffin cups. Bake the muffins for 22 to 24 minutes or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.

Place the muffin tin on a cooling rack to cool.

If you have leftover muffins, store them, covered, at room temperature for 2 days or in the refrigerator for up to 5 days. Freeze left over muffins for up to 3 months.

## Ruby Raspberry Slaw

### Ingredients

- 2 cups shredded red cabbage
- 2 cups shredded cabbage
- 1 cup shredded carrots
- 1/4 cup prepared raspberry vinaigrette (see below)
- 3 Tbsp mayonnaise
- 1/4 Tsp pepper
- 1/2 cup fresh raspberries



### Directions

In a large bowl combine cabbage and carrots. In a small bowl, whisk vinaigrette, mayonnaise and pepper until blended. Add to cabbage mixture; toss to coat. Refrigerate, covered, 10 minutes. Top with raspberries.

## Raspberry Vinaigrette

### Ingredients

- 1/2 cup fresh or frozen (thawed) raspberries
- 2 Tbsp lemon juice
- 2 Tbsp red wine vinegar
- 1 Tsp sugar
- Pinch of salt
- 1/4 cup canola oil

### Directions

Blend all ingredients together well.



# Raspberry Chicken

## Ingredients

4 boneless, skinless chicken breast cutlets  
Salt and black pepper  
1/4 cup olive oil  
4 cloves garlic, chopped  
1 large shallot, chopped  
1 cup chicken stock  
1/2 cup white wine  
6 ounces mushrooms, sliced  
1 cup fresh raspberries  
1 Tbsp unsalted butter  
1 Tbsp balsamic vinegar  
1 Tsp grated lemon zest

## Directions

Season the chicken with some salt and pepper. Heat a large skillet over medium heat and add the olive oil. Once the oil is hot but not burning, add the chicken and sear for 3 minutes on each side. Remove from the skillet and set aside.

Using the same skillet, add the garlic and shallot and cook over medium heat for 1 minute. Add the chicken stock and wine and cook until slightly reduced, about 10 minutes. Add the sliced mushrooms and lower the heat to a simmer.

Return the chicken to the skillet, cover and cook until the chicken is cooked through, an additional 10 minutes.

Add the raspberries, butter, balsamic vinegar and lemon zest and continue cooking, uncovered for 1 minute.



# Pork Chops with Raspberry Sauce

## Ingredients

1/2 Tsp dried thyme, crushed  
1/2 Tsp dried sage, crushed  
1/4 Tsp salt  
1/4 Tsp pepper  
4 (4 ounce) boneless pork loin chops  
1 Tbsp butter  
1 Tbsp olive oil  
1/4 cup seedless raspberry jam  
2 Tbsp orange juice  
2 Tbsp white wine vinegar  
4 sprigs fresh thyme (optional)

## Directions

Preheat oven to 200°F. In a small bowl, combine crushed thyme, sage, salt and pepper. Rub evenly over pork chops.

Melt butter and olive oil in a nonstick skillet. Cook pork chops for 4 to 5 minutes on each side, turning once. Remove from skillet and keep warm in preheated oven.

In the skillet, combine raspberry jam, orange juice and vinegar. Bring to a boil and cook for 2 to 3 minutes or until sauce is reduced to desired consistency (sauce will thicken as it cools). Spoon sauce in a pool onto a serving plate and top with pork chops. Garnish with sprigs of thyme.

You may substitute 1 tsp minced fresh herbs for 1/2 tsp dried herbs.



# Redberry Muffins

## Ingredients

2 cups whole wheat flour  
1/3 cup sugar  
1/4 cup unsweetened shredded coconut  
2 Tsp baking powder  
1/2 Tsp salt  
1 cup unsweetened almond milk (you can also use soya, rice or regular milk)  
1/4 cup extra virgin olive oil  
1 large egg  
1 Tbsp vanilla extract



## Directions

Preheat oven to 425°F and grease a 12 cup muffin pan or use paper liners.

In a large bowl, whisk together flour, sugar, coconut, baking powder and salt. Set aside. In a small bowl, whisk together the milk, oil, egg and vanilla. Add the wet ingredients to the dry ingredients and stir until combined. Do not over mix. Gently fold in the redberries.

Using an ice cream scoop, add the batter to the prepared muffin pan. Bake for 15 to 17 minutes or until a toothpick inserted into a muffin comes out clean. Let cool in a pan for 5 minutes before transferring to a wire rack to cool completely.

Store in an airtight container at room temperature and enjoy within 2-3 days or freeze for later enjoyment.

# Redberry Smoothie

## Ingredients

1 cup redberry (Partridgeberry/Lingonberry)      1/2 cup plain or vanilla yogurt  
1/2 cup raspberry or other fresh or frozen berries      1 Tbsp honey or maple syrup  
1 banana



## Directions

Pour the yogurt in a blender. Break the banana into chunks and place into the blender. Add the remaining ingredients and process until completely smooth. Pour into a glass.



# Redberry Relish

## Ingredients

3 Tbsp extra virgin olive oil  
1 small red onion  
2 large apples diced  
1/2 Tsp salt  
Zest and juice of one orange  
1/4 cup apple cider vinegar  
1 Tbsp finely grated ginger root  
1 cup redberries (partridges)  
1 Tsp nutmeg  
Pinch ground cloves  
1/2 Tsp ground black pepper  
3 Tbsp brown sugar



## Directions

Over a medium low heat sauté chopped red onion in the olive oil for about 2 minutes until onions become translucent but not browned.

Toss in chopped apples and sauté an additional minute. Add the remaining ingredients and simmer for 10 minutes until thickened to a jam like consistency.

Leftovers can be stored in the refrigerator in a mason jar or other container for several days

# Redberry Vinaigrette

## Ingredients

1/2 cup thawed redberries (partridgeberries)  
1/4 cup red wine vinegar  
3/4 cup olive oil

1 Tbsp honey (softened)  
Salt and pepper to taste



## Directions

Blend berries, vinegar, oil and honey together. Add water and stir until you get the consistency you want. Taste the vinaigrette and add salt and pepper or more berries or honey to taste

# Rutabaga Cake

## Ingredients

- 1 1/2 cups all purpose flour
- 1/4 cup brown sugar
- 1 Tsp ground ginger
- 1/2 Tsp each of salt, cinnamon, baking powder and baking soda
- 1 cup peeled and grated rutabaga
- 1 egg
- 1/4 cup canola oil
- 1/2 cup molasses
- 1/2 cup milk



## Directions

In a medium bowl combine the dry ingredients and then add the wet ingredients, stir until mixed well, then mix in the rutabaga.

Pour into a greased 8 inch baking dish and bake at 350°F for 30 minutes or until a toothpick inserted in the center comes out clean. Cool completely.

# Turnip Salad

## Ingredients

- 3 medium turnips, peeled and grated
- 3 medium carrots, peeled and grated
- 1/2 cup chopped parsley
- 1 cup raw pumpkin seeds
- Juice of 1/2 lemon
- 2 Tbsp olive oil
- Sea salt to taste



## Directions

Place the turnips, carrots, parsley and pumpkin seeds into a salad bowl. Add the lemon juice and olive oil. Season with salt and toss to combine.

# Turnip Noodles with Sage Butter

## Ingredients

- 1 pound turnip (rutabaga), peeled
- 1 Tbsp olive oil
- 1/3 cup water
- 3 Tbsp butter
- 1 clove garlic, minced
- 5 leaves of fresh sage, chopped
- 1 pinch salt and freshly cracked black pepper to taste
- 1 pinch crushed red pepper (optional)

## Directions

Cut turnip into thin noodles using a spiralizer.

Heat olive oil in a large skillet over medium-high heat. Sauté turnip noodles, stirring constantly, until the noodles start turning a bright yellow colour, 4 to 5 minutes.

Add water and cover with a lid. Lower heat to medium and steam noodles until they soften to an al dente (still firm when bitten) texture, 7 to 8 minutes. Remove lid and toss noodles until water has evaporated. Transfer noodles to a bowl and keep warm.

Wipe out the skillet and melt butter over medium heat. Swirl butter until brown specks begin to appear in the bottom of the skillet, 2 to 3 minutes. Add garlic to skillet and stir 2 to 3 minutes, taking care not to burn. Add sage and stir to coat. Return turnip noodles to the pan and toss to combine, season with salt and freshly cracked pepper.

Garnish with crushed red pepper and serve immediately.



# Absolutely Delicious Baked Root Vegetables

## Ingredients

- 1 pound new potatoes, halved
- 1/2 large rutabaga (turnip), peeled and cubed
- 1 large sweet potato, peeled and cubed
- 2 large parsnips, peeled and cubed
- 2 large carrots, peeled and cubed
- 3 Tbsp olive oil
- 3 Tbsp sweet red chili sauce
- 1 1/2 Tsp onion powder
- 1 1/2 Tsp garlic powder
- 1 Tbsp steak seasoning
- 1 Tsp ground black pepper

## Directions

Preheat oven to 375°F

Toss potatoes, rutabaga, sweet potato, parsnips and carrots with olive oil and chili sauce in a large bowl until coated. Then season with onion powder, garlic powder, steak seasoning and pepper. Toss again until evenly coated, then spread vegetables into a 9x13 inch roasting pan.

Roast vegetables in oven for 20 minutes, then stir, return to oven and continue cooking until the vegetables are tender, about 20 minutes more.



# “Thank You to”

Seaside Supplies  
Realm Inc  
Mecatina School  
Gros Mecatina CLC  
Maison Mecatina  
AGRO Gros Mecatina  
Junior Canadian Rangers  
Gros Mecatina Seniors Day Centre

50+Club of La Tabatiere  
Maison Jeunes Gros Mecatina  
Gros Mecatina Guardian Angels  
Centre Communautaire Relais Nordik  
C.D.L.S  
P.A.C.E  
Show Me the Way  
KIDS Summer Camp

For supporting the Nutrition North Education program and allowing us to prepare, present and share these great recipes with your members, participants, customers, students and staff.

Also, a thank you goes out to the Nutrition North Education working groups of Mutton Bay and La Tabatiere for establishing the direction of and ensuring the continued development and success of this initiative.



*Leatrice Collier*  
Nutrition North Program Coordinator

*Mason Organ*  
Manager of Business Development

